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Physical Education Solved MCQs for PPSC, FPSC SPSC Lecturer Preparation

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1- Total weight of Table Tennis Ball _____

- a) 2.7
- b) 2.6

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c) 2.5

d) 2.1

2- When first time Basketball introduce in Olympic Games _____

a) 1940

b) 1943

c) 1845

d) 1946

3- When Basketball game start _____

a) America

b) Pakistan

c) England

d) Italy

4- How many umpires in Base Ball _____

a) 2

b) 3

c) 4

d) 5

5- When Base Ball started in Pakistan _____

a) 1990

b) 1991

c) 1992

d) 1993

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6- Base Ball is the national game of which country _____

- a) **America**
- b) England
- c) Italy
- d) France

7- When the first Base Ball Club established _____

- a) 1945
- b) **1946**
- c) 1947
- d) 1948

8- Length of table tennis net _____

- a) 2 feet
- b) 3 feet
- c) 4 feet
- d) **6 feet**

9- Weight of table tennis ball _____

- a) **2.7**
- b) 3.4
- c) 3.8
- d) 4.0

10- Wushu is national game of _____

- a) **China**

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- b) Japan
- c) Thailand
- d) Germany

11-Wushu started from _____

- a) 1850
- b) 1900
- c) 1960
- d) 1967

12-When Wushu is introduced in America _____

- a) 1962
- b) 1964
- c) 1934
- d) 1967

13- Judo is introduced in Olympic game _____

- a) 1960
- b) 1964
- c) 1970
- d) 1973

14-International Judo Federation Established In _____

- a) 1960
- b) 1970
- c) 1980

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d) 1990

15-Which is the famous title of judo_____

a) **Shihan**

b) Pihan

c) Ninja

d) Fighter

16-The hall of judo is called_____

a) **Judo Jo**

b) Shudo

c) Podo

d) Judo gym

17-Where the international organization of judo office_____

a) **Japan**

b) China

c) Korea

d) India

18-The player of judo is known as_____

a) Todoka

b) **Judoka**

c) Pudoka

d) Shtoka

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19-When the first Polo international match is played_____

- a) 1886
- b) 1885
- c) 1887
- d) 1877

20-The name of polo international federation_____

- a) Polo association
- b) Harlangham Polo association
- c) Pakistan Polo association
- d) Right association of Polo

21-The old name of polo is _____

- a) Chogan
- b) Rolau
- c) Guli danda
- d) Poghan

22- Polo is the national game of _____

- a) Pakistan
- b) India
- c) Bangladesh
- d) Polo

23- Total number of players in Polo game_____

- a) 3

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b) 4

c) 7

d) 5

24- When International Polo Federation was established _____

a) 1981

b) 1982

c) 1983

d) 1993

25-When polo introduced in Olympic game _____

a) 1900

b) 1904

c) 1908

d) 1912

26-When the water Polo was introduced in Olympic game _____

a) 1908

b) 1912

c) 1916

d) 1920

27-When International Swimming Federation established _____

a) 1905

b) 1906

c) 1907

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d) 1908

28-When Pakistan Swimming Federation established _____

a) 1947

b) 1948

c) 1949

d) 1950

29-When first book on Swimming is written _____

a) 1538

b) 1540

c) 1940

d) 1820

30-What is the motto of International Swimming Federation

a) Water is our country

b) Water is our Federation

c) Water is our World

d) We are Water

31-Which competition of Tennis is famous in all over the world

a) American Tennis championship

b) Wimbledon Championship

c) German Tennis Championship

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d) World Tennis championship

32- Wimbledon Championship when started _____

- a) 1875
- b) 1876
- c) 1877
- d) 1878

33- In First Wimbledon Championship who is the winner of title in men category

- _____
- a) Jorge Willi
 - b) Jack Alexander
 - c) Spencer Gore
 - d) William Renshaw

34- When women first time participate in Wimbledon championship

- _____
- a) 1880
 - b) 1881
 - c) 1882
 - d) 1884

35- When Pakistan first time participate in Davis Cup _____

- a) 1947
- b) 1948

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c) 1949

d) 1950

36- How many time Rasheed Malik won National Tennis Championship _____

a) 4

b) 5

c) 6

d) 7

37-How many time Pakistan Tennis team participate in SAF Game _____

a) 3

b) 4

c) 5

d) 6

38- When Tennis first time introduced in Olympic Games _____

a) 1893

b) 1894

c) 1895

d) 1896

39- Tennis in the word of which language _____

a) Tenez

b) Latin

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c) English

d) Italy

40- What is the name of table tennis national organization _____

a) **Pakistan Table Tennis Federation**

b) Table Tennis Pakistan Association

c) Pakistan Table Tennis Committee

d) Pakistan Table Federation

41- What is the name of International Table Tennis Organization _____

a) **International Table Tennis Federation**

b) International Association Table Tennis

c) Committee of Table Tennis

d) Pakistan Table Tennis Federation

42- When the world cup Table Tennis start _____

a) 1925

b) 1926

c) **1927**

d) 1928

43- When Pakistan Table Tennis Federation established _____

a) **1951**

b) 1952

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c) 1953

d) 1954

44-Pakistan get which position in 2007 world table tennis championship_____

a) 2nd

b) 3rd

c) 40th

d) 42th

45-In 1993 Islamic games In Tehran Naseem Nazali get which title_____

a) Gold

b) Silver

c) Bronze

d) None Of These

46-When the Pakistan Table Tennis Federation Established_____

a) 1949

b) 1950

c) 1951

d) 1952

47-Old name of table tennis is _____

a) Ching chong

b) Sing Song

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c) **Ping Pong**

d) Bing Pong

48-Total length of table tennis table_____

a) 7 feet

b) 8 feet

c) **9 feet**

d) 10 feet

49-Total width of table tennis table_____

A) 3 feet

B) 4 feet

C) 5 feet

D) 6 feet

50-Total height of table tennis table_____

a) **2.6 feet**

b) 2.8 feet

c) 3.0 feet

d) 4.0 feet

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